

LEISURE CENTRE

Fitness Class Timetable Autumn 2024

MONDAY

Aqua Aerobics	09:00 - 10:00
Pilates	09:25 - 10:25
SPINNING®	09:30 - 10:20
50+ Aerobics	10:30 - 11:30
Circuits	18:00 - 19:00
SPINNING®	19:00 - 19:50
Body Pump	20:00 - 21:00

TUESDAY

Aqua Aerobics	09:00 - 10:00
Yoga	09:25 - 10:25
SPINNING®	09:30 - 10:20
Stretch Class	10:30 - 11:15
Good Boost	14:15 - 14:45
Body Combat	18:00 - 19:00
Zumba	19:10 - 20:10
SPINNING®	19:00 - 19:50

WEDNESDAY

SPINNING®	06:30 - 07:15
Aqua Aerobics	09:00 - 10:00
Body Combat	09:25 - 10:25
50+ Aerobics	10:30 - 11:30
SPINNING®	10:35 - 11:25
SPINNING®	18:00 - 18:50
20-20-20	18:00 - 19:00
Step Aerobics	19:05 - 19:50
Zumba	20:00 - 21:00

THURSDAY

Body Pump	09:30 - 10:30
SPINNING®	10:35 - 11:25
Zumba	10:30 - 11:30
Steady Steps	11:30 - 12:30
Circuits	18:00 - 19:00
Zumba	18:00 - 19:00
SPINNING®	19:00 - 20:00
Body Pump	19:05 - 20:05
PiYo	20:15 - 21:00

FRIDAY

Good Boost Aqua	09:00 - 09:30
50+ Aerobics	09:35 - 10:35
20-20-20	10:40 - 11:40
Good Boost	13:30 - 14:00
Yoga	18:00 - 19:00
SPINNING®	18:15 - 19:00

SATURDAY

SPINNING®	09:15 - 10:05
Body Pump	10:30 - 11:30
Pilates	10:40 - 11:35
Body Combat	11:40 - 12:40

SUNDAY

HIIT Class	08:15 - 09:00
Step Aerobics	09:30 - 10:30
Zumba	10:30 - 11:30

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